



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children live in a smoke-free environment, have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Minutes

March 27, 2018 10:00am - 11:30am Columbus Public Health, 119C

Attendance

Organization	Member
African American Alzheimer's and Wellness Association (AAAWA)	Earl Lawson
Children's Hunger Alliance (CHA)	Michelle Hoffman
CPH- Primary One Health	Deani Deskins
CPH – Strategic Nursing Team	Bob Holomuzki
CPH – Access to Care	Emily Fisher
CPH – CDC PHAP, Chronic Disease Prevention	Lyana Delgado
CPH – Creating Healthy Communities	Dana Dorsey
CPH – Growing Healthy Kids Columbus	Ali Segna
CPH – Healthy Children Healthy Weights	Claudette Bailey
CPH – Healthy Children Healthy Weights	Hannah Bills
CPH – Healthy Children Healthy Weights	Alyssa Dorsey
Franklin Park Conservatory (FPC)	Christie Nohle
Mount Carmel Health (MCHS)	Chris Evans
Nationwide Children's Hospital – Center for Healthy Weight and Nutrition	Megan Rose
OSU – Extension	Carol Smathers
OSU – Extension Franklin County	Jenny Lobb
OSU – Life Sports	Stephen Moore
YMCA – Hilltop	Nadine Rinehart

STEERING COMMITTEE MEMBERS:

Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children's Hospital
Mark Haynes, Children's Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Hannah Bills, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

10:00am – 10:30am Member Introductions and Program Updates

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Updates
Ali/CPH	Changelabs site visit was on March 15, 2 deliverables. 1. Program to Policy Training on September 25 th , in place of coalition meeting. 2. Target Marketing TA and Policy Menu creation for SSB reduction policies. Minority Health month starts in April, events will be shared to the group.
Michelle/CHA	In the middle of Ohio Healthy Programs for family providers (30 recruited). Will be giving live Session 2 and 3 webinars on OCCRRRA for any centers needing these trainings. Taste to Remember fundraiser, Thursday May 3 rd , evening at Blue Stone, and 20-30 vendors attending.
Dana/CHC/CPH	3 organizations interested in Healthy Gathering Kits, TA will be needed, Bike Friendly Franklinton had their first meeting of the year, and bike fest will be held in June.
Hannah/HCHW/CPH	Successful OHP Online Train the Trainer; received great feedback for delivery for the next training. Revamping Rings of Fun, updating statistics, activities, recipes, and Early Learning and Development Standards and Common Core Standards. Alyssa and Hannah met with Kristin Peters about Ohio Days to incorporate local foods in centers that are meeting standards to start implementing this change.
Bob/Strategic Nursing Team	Will be participating at the Bhutanese Health Fair, taking Health Matters courses out to community.
Earl/AAA	Wellness walk and run, involved in nutrition seminars (Poison in the Pantry) looking at the back of the label.
Deani/CPH	Funding opportunity for dental (nutrition and rural health), help caregivers understand the importance for nutrition and dental health. Offer programs for Pre-K.
Stephan/ Life Sports	Partnering with Mount Carmel, working on summer camp at risk youth (free 4 weeks, June-July, registration is May 12 8:00am, 1947 College Rd).
Megan/NCH	Primary Care Obesity Network, transitioning Dieticians to stay closer to the center so that more of the resources are utilized. PCON paper published in the Pediatric Journal.
Jenny/OSU	Spring Wellness, free for people to join with email addresses, theme is Super Powers for Super You. Project Green teacher program (12 week course, school gardening for educators, condensed for 3 days during the summer). Foods for a long life project, near east side, incorporate CSA bags at childcare centers.
Emily/CPH	Working with the Office of Minority Health to coordinate the Bhutanese and Nepali Health Fair, still looking for vendors, hoping for 100-300 participants.

Chris/MCHS	Funding Farm to School and OSU Life Sports, collaborations formed from GHKC coalition. Sponsoring food towers in schools.
Christie/Franklin Park Conservatory	Planning mode for summer events. Volunteer at summer program for Farmer's Market booth (lots of youth) need dates and times., planning teen core program (looking for new curriculum). Moved teen Corps program from the main building to the barn, preventing access to the vending machines (Environmental change).

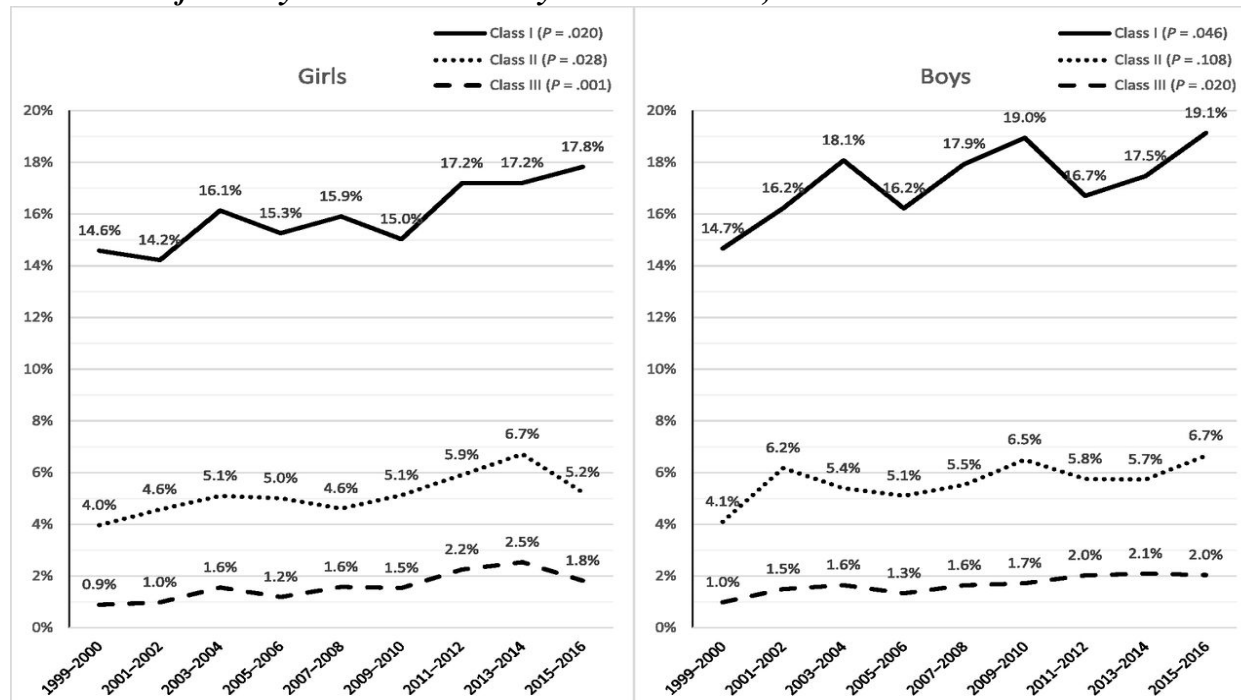
10:30am – 10:35am Breaking News

Lyana Delgado

GHKC is the 2018 Culture of Health Priester Award Winner!

- The purpose of the Priester Awards (program, leadership, and culture of health) is to recognize Extension programs that positively impact the health of people across the United States by providing leadership to expand Extension's capacity to increase the number of Americans who are healthy at every stage of life. These national awards honor sound and innovative health and wellness programs at the local, state and national level. The Culture of Health Award recognizes an Extension-community partnership that is taking a transformative approach to improving community health, fostering a culture of health through community-based strategies, and/or co-creating with communities to ensure relevance and reduce barriers for positive change.
- Testament, again of all of the great work that the coalition is doing to reduce childhood overweight and obesity in our communities

Prevalence of Obesity and Severe Obesity in US Children, 1999–2016



- Despite previous reports that obesity in children and adolescents has remained stable or decreased in recent years, we found no evidence of a decline in obesity prevalence at any age. In contrast, we report a significant increase in severe obesity among children aged 2 to 5 years since the 2013–2014 cycle, a trend that continued upward for many subgroups.

- Significant increases in obesity and severe obesity in children aged 2 to 5 years and adolescent females aged 16 to 19 years from 2015 to 2016, compared with previous years, show that obesity is increasing in these subgroups.
- Source: <http://pediatrics.aappublications.org/content/early/2018/02/22/peds.2017-3459>

60 Minutes-Treating childhood trauma

- <https://www.cbsnews.com/news/oprah-winfrey-treating-childhood-trauma/?ftag=CNM-00-10aab5j&linkId=49083981>
- Details young girl with PTSD and SaintA shelter for neglected, abused, abandoned, orphaned children where they respond and treat their patients using trauma-informed care.
- What's wrong with you? to What happened to you?
- According to the Centers for Disease Control, it makes you five times as likely to be depressed and can cut your overall life expectancy by as much as twenty years.

NCH- New U cooking class

Megan Rose

- Great event that led to more families wanting more opportunities to participate.
- We had a total of 31 patients, parents, and siblings participate, along with 14 staff/volunteers!
- We made Cauliflower Crust Pizza, a salad bar, and 3 types of salad dressings!
- Utilized Water First for Thirst Jug and posters.

10:35am – 10:50am What can your organization do/contribute the coalition's objectives

All

Jenny Lobb → potential grant funding for incentives for the events

Columbus Early Learning Centers (Near East Side)

Healthy Gatherings during a lunch hour

Christie Nohle (Target Marketing/Healthy Gatherings)

Teen Corps → activity with OSU collaborative

Farmer's Market Summer Tabling event every Wednesday → 3:30-6:30p

10:50am – 10:55am Activity Break

All

10:55am – 11:30am The Opioid Epidemic: 5 Things to Know

Carol Smathers

- Why did Ohio end up with the highest rates of opioid?
 - Businesses were leaving the town and affecting middle aged/working class men
 - Reports/studies were being changed to suggest opioids were not addictive
 - Doctors needed to maintain high ratings and were specifically asked for pain relief
 - Happened at the same time as the Mexican Drug Cartel
- Opioid deaths are increasing in Ohio
 - Pharmacy bottle activity
 - In 2015, unintentional drug overdoses killed 3,050 Ohioans – 20% increase from 2014
 - 14 drug overdoses a day in Ohio, only slightly behind Pennsylvania
 - Rise in deaths of despair
 - Poisonings (drug overdose)
 - Chronic liver disease (alcohol)
 - Diabetes
 - Lung cancer (smoking)
 - Suicides

- Addiction is a chronic, relapsing brain disease
 - Changes the way the brain functions, controlled by disease, person can no longer control their actions
 - Tia Moretti, talking to addicts → “injecting drugs feels like injecting love”
 - Lack of a feeling of self-worth
 - What have you been told?
- Multi-sector collaboration will be needed
 - How much more is needed to continue to make progress
 - 1 week prescription for known patient, 2 days for unknown patient, 5 days for children
 - Naloxone can be obtained without a prescription, can be trained
 - Mandated opioid curriculum for K-12 in Ohio
- Everyone can make a difference
 - Keep learning and keep talking, help lessen the stigma
 - Medications: learn and teach about safe storage
 - Learn how to recognize signs of opioid abuse
 - How do we treat a repeating diabetic compared to repeating drug user?
 - How to communicate with families?
 - www.generationrx.org
- Professional and organizational help is available
 - CPH website has a lot of great resources to support opioid related questions and concerns
 - Start Talking is another resource from the governor’s office
 - Parents, someone you care about, how to start talking about this conversation

Next Meeting: April 24, 2018 10:00am-11:30am Columbus Public Health, 119C.